

Sweat the Stress 2018

Monday, April 30- Friday, May 4

Take a break from studying and try a FREE group fitness class!

SRC Hours M-F 5:30am-11:30pm; Chinook first floor, ground floor, locker rooms and saunas open 24 hour. Chinook Weight Room Open M-F 5:30am-11:30pm & Sa/Su 9:00am-11:30pm.

Non-Members may purchase an \$8 day pass to access the facility to take the FREE class.

Monday, April 30			
Sunrise Spin	6:30-7:20AM	SRC 252	Angie
CrossFit	6:30-7:30AM	Chinook B40	Brittany
Intro to CrossFit	7:45-8:45AM	Chinook B40	Joey
Fit for Life	11:10-11:50AM	Chinook 30	Mike
CrossFit	11:30AM-12:30PM	Chinook B40	Payton
BodyPump Express Noon	12:10-1:00PM	Smith 115	Angie
Yoga Core Noon	12:10-1:00PM	Chinook 22	Joanne
Mindful Yoga @ 90	4:00-5:00PM	Chinook 22	Joanne
Yoga Flow @ 90 Evening	5:10-6:10PM	Chinook 22	Joanne
Zumba Early Evening	5:00-5:50PM	Smith 115	Sarah
Gravity Core Express	5:30-6:00PM	SRC 252	Lindsay
CrossFit	5:30-6:30PM	Chinook B40	Payton & Cameron
Modern Dance	6:00-7:00PM	Chinook 20	McKayla
Belly Dance Basics	6:10-7:10PM	Smith 115	Rebecca
Barre Evening	6:10-7:00PM	SRC 256	Lo Lo
Spin Endurance	6:15-7:15PM	SRC 252	Liz
Yoga Flow @ 90 Late Evening	7:15-8:15PM	Chinook 22	Kyle N
20/20/20 Late Evening	7:15-8:15PM	Chinook 20	Jenn
Intro to Spin, Late Evening	7:30-8:00PM	SRC 252	Emily K
Blacklight Ride Spin	8:10-9:00PM	SRC 252	Shayla
Women's Only Zumba	8:10-9:00PM	SRC 245	Lina
Cardio Hip Hop	8:30-9:15PM	Chinook 20	Valea
Tuesday, May 1			
WODAsana	6:30-7:45AM	Chinook B40	Joanne
Spin, Morning Ride	7:00-7:50AM	SRC 252	Leah
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30AM-12:30PM	Chinook B40	Cameron
Gentle Yoga Noon	12:05-1:00PM	Smith 115	Madeleine
Cardio & Core Noon	12:10-12:50PM	Chinook 20	Mike
TRX Turbo	12:10-12:50PM	SRC 245	Jonathan
CrossFit	2:30-3:30PM	Chinook B40	Shawn
Barre Early Evening Warm	5:00-5:50PM	Chinook 22	Jordan
Intro to Spin, Early Evening	5:15-5:45PM	SRC 252	Emily K
Taekwondo	5:30-6:30PM	PEB 145	Lydia
Pink Gloves Boxing	6:15-7:15PM	SRC 245	Devyn & Mykala
Intro to CrossFit	5:15-6:15PM	Down Under 101D	Steven
CrossFit	5:30-6:30PM	Chinook B40	Payton & Cameron
20/20/20 Evening	6:15-7:15PM	Chinook 20	Liz
Gravity Strength Express	7:00-7:30PM	SRC 252	Alexa
Zumba Late Evening	7:10-8:00PM	DU 101A	Annabelle
Kickboxing Late Evening	7:30-8:30PM	SRC 245	Jenn
TRX & Cardio, Evening	7:30-8:15PM	Chinook 20	Liz
Blacklight Ride 45	8:00-8:45PM	SRC 252	Shayla
Pole Fit, Late Night	8:15-9:15PM	Chinook 30	Alexa & Lindsay
Cardio Hip Hop Express	8:30-9:00PM	Chinook 20	Valea
Wednesday, May 2			
Sunrise Spin	6:30-7:20AM	SRC 252	Angie
CrossFit	6:30-7:30AM	Chinook B40	Henry
Intro to CrossFit	7:45-8:45AM	Chinook B40	Joey
Fit for Life	11:10-11:50AM	Chinook 30	Mike
CrossFit	11:30AM-12:30AM	Chinook B40	Payton
BodyPump Express Noon	12:10-1:00PM	Smith 115	Angie



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Monday, April 30- Friday, May 4

Take a break from studying and try a FREE group fitness class!

SRC Hours M-F 5:30am-11:30pm; Chinook first floor, ground floor, locker rooms and saunas open 24 hour starting 4/29 @ 9:00am. Weight Room Open M-F 5:30am-11:30pm & Sa/Su 9:00am-11:30pm. Non-Members may purchase an \$8 day pass to access the facility to take the FREE class.

Wednesday, May 2			
Mindful Yoga @ 90	4:00-5:00PM	Chinook 22	Joanne
Yoga Flow @ 90 Evening	5:10-6:10PM	Chinook 22	Joanne
Zumba Early Evening	5:00-5:50PM	Smith 115	Sarah
Gravity Core Express	5:30-6:00PM	SRC 252	Lindsay
CrossFit	5:30-6:30PM	Chinook B40	Brittany & Cameron
Spin Endurance	6:15-7:15PM	SRC 252	Tia
Yoga Flow @ 90 Late Evening	7:15-8:15PM	Chinook 22	Kyle N
20/20/20 Late Evening	7:15-8:15PM	Chinook 20	Jenn
Intro to Spin, Late Evening	7:30-8:00PM	SRC 252	Emily K
Blacklight Ride Spin	8:10-9:00PM	SRC 252	Shayla
Women's Only Zumba	8:10-9:00PM	SRC 245	Sung
Cardio Hip Hop	8:30-9:15PM	Chinook 20	Valea
Thursday, May 3			
WODAsana	6:30-7:45AM	Chinook B40	Joanne
Spin, Morning	7:00-7:50AM	SRC 252	Leah
Step & Core	11:00-12:00PM	Smith 115	Megan
CrossFit	11:30AM-12:30PM	Chinook B40	Cameron
Cardio & Core Noon	12:10-12:50PM	Chinook 20	Mike
TRX Turbo	12:10-12:50PM	SRC 245	Jonathan
CrossFit	2:30-3:30PM	Chinook B40	Shawn
Barre Early Evening Warm	5:00-5:50PM	Chinook 22	Jordan
Intro to Spin, Early Evening	5:15-5:45PM	SRC 252	Emily K
Into to CrossFit	5:15-6:15PM	Down Under 101D	Steven
CrossFit	5:30-6:30PM	Chinook B40	Payton & Cameron
Vintage Swing Dance	6:10-7:10PM	Smith 115	Kyle & Colby
Pink Gloves Boxing	6:15-7:15PM	SRC 245	Devyn & Mykala
20/20/20 Evening	6:15-7:15PM	Chinook 20	Liz
Gravity Strength Express	7:00-7:30PM	SRC 252	Alexa
Zumba Late Evening	7:10-8:00PM	DU 101A	Annabelle
Kickboxing Late Evening	7:30-8:30PM	SRC 245	Jenn
TRX & Cardio, Evening	7:30-8:15PM	Chinook 20	Liz
Blacklight Ride 45	8:00-8:45PM	SRC 252	Shayla
Pole Fit, Late Night	8:15-9:15PM	Chinook 30	Alexa & Lindsay
Cardio Hip Hop Express	8:30-9:00PM	Chinook 20	Valea
Friday, May 4			
Sunrise Spin	6:30-7:20AM	SRC 252	Abby
CrossFit	6:30-7:30AM	Chinook B40	Brittany
CrossFit	11:30AM-12:30AM	Chinook B40	Payton
BodyPump Express Noon	12:10-1:00PM	Smith 115	Sophie
CrossFit	5:30-6:30PM	Chinook B40	Brittany & Cameron

Group Fitness Announcements:

- Looking for more FREE group fitness classes? Check out Summer Session 1 classes for FREE during All Access Days-- May 7 & 8. Summer Session 1 will begin on May 9th.
- Are you interested in joining our team of talented Group Fitness Instructors? If so, visit www.urec.wsu.edu/fitness for training opportunities or send an email to l.sanders@wsu.edu.

